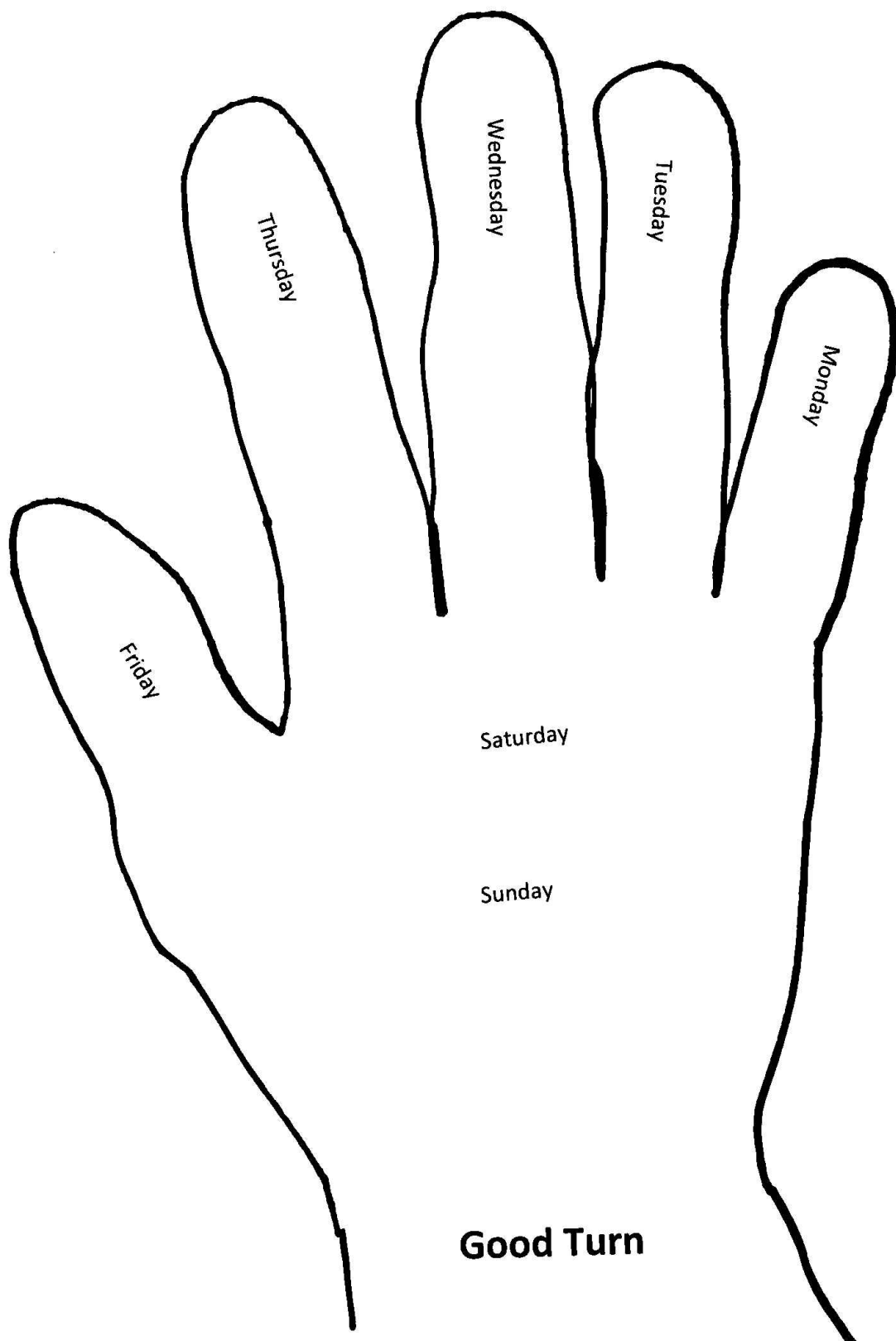


Cubs - Silver Wolf

Keep a diary of good turns for a week
showing how you have helped other people



Next to each day, put a tick or write your Good Turn for that day, e.g. "Sunday: helped tidy up". If you miss a day, you can do an extra Good Turn the next day to catch up. Bring the card back to Cubs when you are finished.